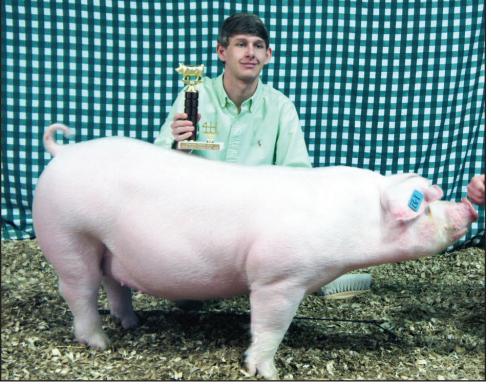
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Malibu, shown by Pearce Edwards, won Supreme Heifer in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn (Photo by Julie Ellison)



John Thomas Murtagh showed the Champion Chester White in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)



Anna Duke showed the Reserve Champion Duroc in the 2019 Holmes County 4-H Lillie and Bennett Word showed the Champion Market Barrow in the 2019 Holmes (Photo by Julie Ellison) Lexington.



Olivia and Orin Howell showed the Champion Wether Dam in the 2019 Holmes County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn (Photo by Julie Ellison)



Cameron Martin showed the Reserve Champion Hampshire in the 2019 Holmes Countv 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)



Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in County 4-H Livestock Show held Saturday, January 26 at the Holmes County Livestock Barn in Lexington. (Photo by Julie Ellison)

One quick Google search ternative to tobacco consumpteens" and you can find yourself in a sea of videos of young people playing smoke games while inhaling and blowing huge scented clouds of smoke. (e-cigarettes) are a healthy althe odds of a heart attack. The

of "electronic cigarettes and tion, and you get a dangerous increase in people using a device with many unanswered questions regarding its overall safety and long term impact.

According to a new analysis Mix that so-called fun with the of a survey of nearly 70,000 fact that the Tobacco Industry people, led by researchers at has been creating the percep- UC San Francisco, daily etion that electronic cigarettes cigarette use can nearly double

study, which was published in the American Journal of Preventive Medicine, also found that dual use of e-cigarettes and conventional cigarettes - the most common use pattern among e-cigarette users - appears to be more dangerous than using either product alone.

"E-cigarettes are the most commonly used smoking crease in e-cigarette use from

products, especially among youth," said Amy Winter, Director of the Office of Tobacco Control at the Mississippi State Department of Health. "With so many unanswered questions about the potentially harmful effects of e- cigarettes, the consequences could be immeasurable."

There was a nine-fold in-

Journal of the American Heart surpassed the use of other Association. There is increasing evidence that e-cigarettes release significant levels of toxicants. Such evidence not only suggests that smokers may be harmed, but nonsmokers too.

"Vaping is a national epidemic," said Sharon Nettles,

2011 to 2015, according to the mes Counties. "It has greatly tobacco products such as cigars, hookahs and chewables. Adults and parents have to stay educated on these devices for themselves, their children and youth as a whole."

For help with quitting and information on the health dangers of tobacco products visit Director of the Mississippi www.quitlinems.com, or call Tobacco-Free Coalition of the Mississippi Tobacco Quit-Madison, Yazoo, and Hol- line at 1-800-QUIT-NOW.